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WHY WE EAT

The old proverb, "Tell me what you eat, and I'll tell you what you are," was never more true than it is today. For, only within the last generation have scientists discovered much about what happens to food inside the body.

_____, _____, _____, explains
(Name) (Title) (Institution)
that the modern homemaker is a sort of "engineer" who understands how the food is used in making the body function as it should. Today the competent cook talks intelligently about nutrients - the necessary substances in food that may spell the difference between good and poor health.

To scientists, the most colorful part of the recent nutrition studies has been the discovery of how to prevent and cure certain diseases through proper diet. They have found that the lack of certain nutrients will cause pellegra, rickets, nutritional anemia, and many other less conspicuous body disorders. Though these findings have been a great boon to society in general, they do not mean a great deal to the average homemaker unless her family is suffering from an acute case of one of these "deficiency" diseases.

However, nutritionists have also discovered that persons who think that their diet is perfectly all right may actually have a mild or borderline case of a deficiency disease. Although they may not be suffering from any of the extreme conditions, they might be able to enjoy better health if they had all the nutrients they needed.

Because the experimental work is incomplete, and much of it is relatively new, scientists have not yet worked out a complete measuring stick to tell when the diet is perfect. But they have collected a lot of practical information that meal-planners can use in improving diets for their families.

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